

Friday Flyer October 12, 2007



## COMMUNITY EVENTS

- ◆ Lake Forest Parks and Recreation Department Programs - Don't miss these great fall programs!
  - House League Basketball
  - Satellite
  - Volleyball Clinics
  - Ice Skating
  - Halloween Workshops
  - Fused Glass Workshops
  - Mosaic Workshops

See the complete flyers [www.lfelem.lfc.edu/community\\_info.htm](http://www.lfelem.lfc.edu/community_info.htm) or go to our website at [www.lfrec.com](http://www.lfrec.com) to view and sign up today!

- ◆ Lake Forest High School Community Sports is now offering a series of volleyball clinics for boys and girls between 1st and 6th grades. The program descriptions are:

Nexus Mini's - 1st and 2nd Grade  
Monday and Wednesday, 6:30 to 7:30 PM  
\$100 Clinic Fee (includes t-shirt)  
5 Week Program starting October 29, 2007

Nexus Darts - 3rd and 4th Grades  
Monday and Wednesday, 7:30 to 9:00 PM  
\$150 Clinic Fee (includes t-shirt)  
5 Week Program starting October 29, 2007

Nexus Youth - 5th and 6th Grades

Monday, 7:00 to 8:00 PM  
Wednesday, 6:00 to 7:00 PM  
\$400 Clinic Fee (includes t-shirt)  
10 Week Program starting December 1, 2007

Questions: [www.lfhs.org](http://www.lfhs.org), click on Athletics, Community Sports, Nexus Volleyball or email Paul Zickert at [NexusVC@comcast.net](mailto:NexusVC@comcast.net) or call 847-414-9337.

- ◆ Lake Forest Open Land's Witches Walk. This is a great Halloween celebration with a spooky and educational twist. The event is being held Sunday, October 21st from 3:00 to 5:00 p.m. Parking is at Lake Forest Hospital with shuttles running continuously across the street to the event site. This is a wonderful event for children from Kindergarten through 6th grade. It includes several educational and entertaining stations centered on the theme "Hibernation and Migration." In addition, for those who enjoy a special Halloween thrill we have a scary trail. There are refreshments for all. Children in 7th grade or older are welcome to volunteer their Halloween fun! For more information please visit our website:  
[http://www.lfola.org/events\\_witches.html](http://www.lfola.org/events_witches.html)
- ◆ The Lake Forest High School Pom Pon Dance team will be sponsoring a Pom/Dance fall clinic for 3rd - 8th grade students on Saturday, October 27 from 12:00 pm - 5:00 pm. Registration will be from 11:45 am -12:00 pm and the \$45.00 fee can be paid at the door. The registration fee is \$40.00 prior to October 19. The clinic will take place at the East Campus Field House. Participants will learn two routines which will be performed for parents and spectators from 4:30 pm - 5:00 pm. They will also receive a souvenir photo. Information and registration forms can be found at [www.lfhs.org](http://www.lfhs.org) - Athletics - Girls Sports - Pom Pon, from the District 67 website: [www.lfelem.lfc.edu/community\\_info.htm](http://www.lfelem.lfc.edu/community_info.htm), or contact Candice Kloss at [ckloss@d115.org](mailto:ckloss@d115.org).
- ◆ LEAD Love & Logic Series. "Love & Logic for Parents of Little Ones" preschool and early elementary from 9:15-10:45 am, starting October 16th at the Lake Bluff Recreation Center. You won't regret investing time for this 5 week class to learn loving yet firm ways to deal with those little ones! Babysitting services available. "Love and Logic for Dads: A Crash Course," 9:15 - 10:45 am, starting October 20 for 3 weeks, Northern Trust Bank, downtown Lake Forest. A special condensed class for Dads only of pre-K through eighth grade. Call office to reserve (847-295-9075) or register at [www.leadweb.org](http://www.leadweb.org). Fee for both of these classes.
- ◆ The Lake Forest Parks and Recreation Department is offering Saturday and Wednesday morning Learn To Skate Classes. There is also a Family Skate session from 10:30-11:00am giving you the opportunity to spend some time with your kids on the ice. Private lessons and make-up classes are also offered from 10:30-11:00am. Classes take place at Lake Forest College Ice Arena located at the intersection of Maplewood & Sheridan.
- ◆ The Fall session runs from September 29th- December 15th, 2007. The Winter session begins on January 9th and runs through March 1st, 2008. You can register now at the Lake Forest Recreation Center, fax in a

registration form to 847-615-4251, or sign up at [www.LFrec.com](http://www.LFrec.com). For more information, call Edward Gudas, Program Supervisor, 847-615-4386.

- ◆ The Lake Forest Parks and Recreation Halloween Party - PreK through 3rd Grade. You don't want to miss this event. There will be lots of refreshments and treats for all. Entertainment, games and a haunted castle will provide plenty of fun for Lake Forest preschoolers through 3rd graders and parents. There is no admission fee. A detailed flyer is available at [www.lfelem.lfc.edu/community\\_info.htm](http://www.lfelem.lfc.edu/community_info.htm). This event is co-sponsored by Lake Forest Parks and Recreation Department, Lake Forest Bank and Trust and the Lake Forest Police Association. Sign up today!
- ◆ Lake Forest Girls' Travel Basketball - Fall Basketball Clinics (5th Grade thru 8th Grade), Wednesdays, 7:00 pm to 8:30 pm on October 3, 10, 17, 24. No clinic fee, no pre-registration. Lake Forest High School East Campus - Middle Courts of the Field House. Questions? Email Mike McMahon, [michaelfmcmahon@comcast.net](mailto:michaelfmcmahon@comcast.net).

## *Sheridan News*

### Lake Forest School District 67 Kindergarten-Fourth Grade Parent Book Study

When: October 22, 2007

Time: 12:00 p.m. - 2:00 p.m.

Where: Baggett Room - Administration Center

Facilitator: Colleen Brueggeman, Director of Gifted Services K-4

If you have always wanted to join a book study, now here is your chance. Everyone interested is welcome to come! The book we will be discussing is "Perfectionism-What's Bad About Being Too Good," by Miriam Adderholdt, Ph.D. and Jan Goldberg. If you would like to borrow a copy of this for our book study, fifteen copies will be made available on a first-come basis.

You can pick up your borrowed copy at the front desk in the Administration Center. Please be ready to discuss the Introduction, Chapter One, and Chapter Two on October 22nd.

Come join the fun and help discuss this important topic.

Please make sure you visit the download page on Dr. Feeney's Wiki  
<http://debfeeney.wikispaces.com> Recent activities as well as forms

for Brainstormers will be available for you on that site.



APT Parent Awareness presents . . . Finding Joy in the Journey: Helping Your Child Balance All That Life Has to Offer on Wednesday, October 24, 2007, 9:15 – 10:30 A.M. in the District 67 Administration Center, Baggett Room. Featured Speaker: Rev. Dr. Penny L. Robbins. The goal of this program is for parents to:

- Develop strategies for helping children discover their value through their activities
- Learn how to prioritize their own agenda for their child
- Discover new tools they can use to find better balance
- Discuss the importance of “downtime” for everyone

Questions? Contact your school Parent Awareness

Representatives: Megan Andress (847) 234-9917, [mfandress@aol.com](mailto:mfandress@aol.com); Stephanie Klein (847) 234-0273, [sklein@prodigy.net](mailto:sklein@prodigy.net). For more information: [http://www.lfelem.lfc.edu/apt/apt\\_page.htm](http://www.lfelem.lfc.edu/apt/apt_page.htm).

Included on the down load page is the fall Brainstormers' brochure. A copy of the brochure was sent to all families of 2nd through 8th graders last week.



**There were changes to the dates for the Speech and Drama competition meeting and class. It will be starting a week early.**

Families registering for the two offerings will be receiving the updated information with their confirmation. There is also a Brainstormers' link on the

district home page that leads to a Brainstormers' website. This site includes up-to-the-minute information and downloads of specific class handouts.

At our last APT meeting I had mentioned that the pick up/drop off procedures were going well. Please make sure you do not drop off your children until 7:40. We do not have supervision until that time and the children cannot be on the playground unattended. Our number of walkers/bike riders has increased. For safety reasons they will not be dismissed until the busses have left. If you need to pick up your children, please use the front driveway. The city prohibits parking and or picking up on Spruce. We are not able to supervise cars and children that do not use our pick up procedures.



*You may access the fall 2007 edition of the Parent Mentor Bulletin through a link on the NSSED website at [www.nssed.org](http://www.nssed.org) or directly at the Parent Mentor website at [www.nssedparentmentor.org](http://www.nssedparentmentor.org).*

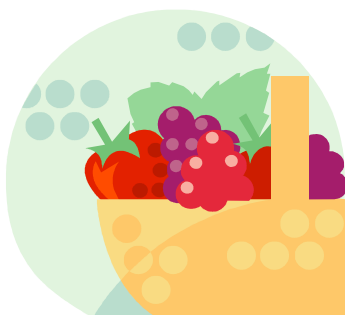
Thanks to all of you that have submitted your emails to the Sheridan Listserve. We are up to 200 and still growing!!! We will be sending hard copies until the week of November 26th. Laptops will be available during Conference times or you can give the office a call for assistance.

Again the site for the listserve is [www.lfelem.lfc.edu/schools/listserve/html](http://www.lfelem.lfc.edu/schools/listserve/html)



All visitors to the school during school hours need to sign in, inside the office. This also includes volunteers for classrooms as well as lunch.

Please remember to pack a healthy snack for your child. Helpful suggestions can be found in the District Wellness Policy on the District Home Page [www.lfelem.lfc.edu](http://www.lfelem.lfc.edu)



Due to questions about the policy on snacks at school, the wellness committee has issued a clarification to the information you received this summer from Dr. Griffith. If you did not get that communication, please contact the office.

*We would like to make a clarification regarding the Healthful Food and Beverage. Options for School Functions list that was sent to District 67 families in August. The list that was compiled by the Local Wellness Policy Committee is consistent with the Dietary Guidelines for Americans and should be used as the primary resource when selecting food/beverage options for your child's classroom. In the event that there is a student with a severe allergy in your child's class, we ask that you communicate with the school nurse to make sure your snacks are safe for everyone in that class. If you have any questions regarding this clarification, please contact your school's principal.*

#### LOCAL WELLNESS POLICY COMMITTEE

#### *Self-Advocacy Student Support Groups Planned*

*All District 67 schools are pleased to be offering Self-Advocacy Student Support Groups, designed as part of ongoing efforts to reduce the occurrence and impact of bullying. These groups, set to begin in October, will meet once per week for six weeks. A school social worker or school psychologist will facilitate the groups. If this opportunity might be of interest to your son or daughter, or if you have any questions, please e-mail Joe Malin, Student Services Coordinator, [jmalin@lfelem.lfc.edu](mailto:jmalin@lfelem.lfc.edu).*

### Upcoming Events

10/22-10/26-Red Ribbon Week  
10/24-Picture Retakes  
10/25-10/31-Bill Buccinsky  
10/26-APT Monster Mash Halloween Party  
10/30-4th Grade Social Studies Museum Express  
11/2-Sheridan Spirit Day  
11/4 Daylight Savings Day begins  
11/9-Institute Day-no school

In addition to our Friday Flyer, you can visit our new on line website <http://debfeeney.wikispaces.com> Copies of flyers and community events will be listed on my wiki. Click the link labeled Downloads to get this timely information.



Have a Wonderful Weekend!!